

Quick Tips

Initial phase: (2-3 weeks) 15 -20 reps
When 20 is reached increase the wt 10%

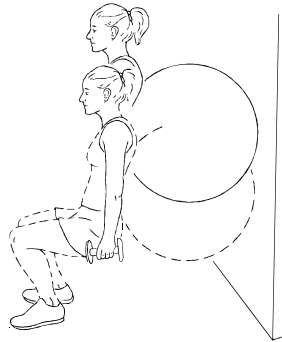
Phase2: 8-12 reps. When 12 reps is reached, up wt 10%

Stabilizers (#11-12) - hold each rep for 10 - 60 seconds.

Flexibility: Limber up/warm up before exercise, INCREASE flexibility after exercise. Hold 20-30 seconds. Repeat 2-5x. Perform daily.

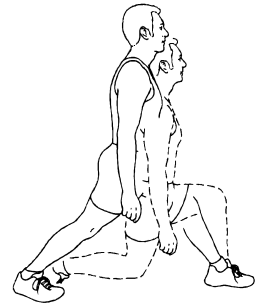
LEGS - 1 Squat Supported (Dumbbell)

Back straight, bend knees, but do not allow them past toes. Ball is not required.



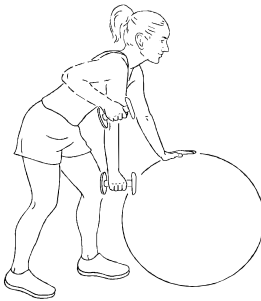
LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.



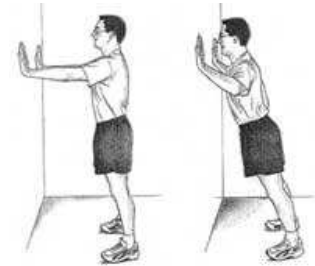
BACK - 5 Row: Single (Dumbbell)

With feet staggered, arm supported, pull weight to side of chest, keeping elbow close. Keep back straight. You may use a chair instead of a ball for stability.



SHOULDERS - 2 Press: Sitting or Standing (Dumbbell)

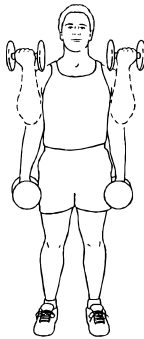
Palms in, press to straight arms, rotating to palms forward at end of movement.



Place hands flat on wall shoulder width apart, keeping arms straight. Bend elbows, lean body into wall. While keeping your torso 'stiff' and straight. Push the body back until arms are straight.

ARMS: BICEPS - 8 Curl: Standing (Dumbbell)

Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.



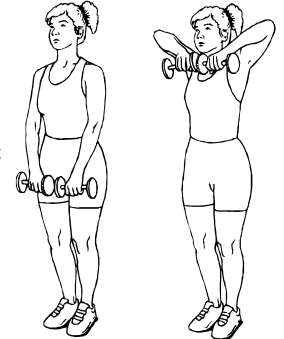
ARMS: TRICEPS - 3 Extension: Standing - Single Arm (Dumbbell)

Knees slightly bent, straighten arm, using other hand to keep upper arm stable.



BACK: TRAPS - 1 Row: Upright (Dumbbell)

Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.

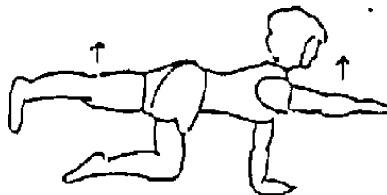


Front Plank



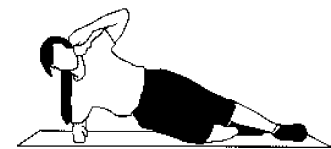
Lie on your stomach and place the elbows below the shoulders. Flex the ankles so that you are on your tippy toes. Tighten your core muscles and raise the hips off of the ground. Keep the shoulders, hips, and legs in a straight alignment. **Do not let the low back arch** Hold this position for up to 1 minute.

Bird Dog (aaoooooh!)



Get onto all 4-s (hands and knees) on the floor. Straighten one arm out in front of the body. Take the opposite leg and straight out backwards. Balance the body and hold this position for 1 minute. Switch side and repeat (4-10x) **Do not arch (arch upward in this picture) the low back ** Do not howl like a birddog:

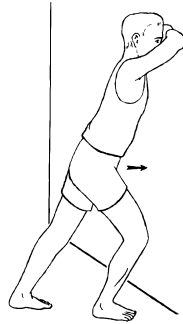
Side Plank



Lying on the left side, place the elbow directly below the shoulder. Tighten your core muscles and raise the hips off of the ground so that only the elbow and feet are touching the floor. Keep the shoulders, hips, and knees in a straight alignment. Hold this position for up to 1 minute. Switch sides and repeat.

LOWER LEG - 9 Hip Flexor (Front of hip) and Calf

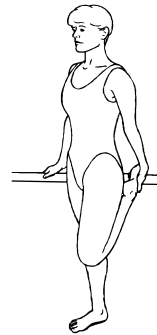
With back leg straight, move hips forward until stretch is felt. Hold ____ seconds. Repeat with other leg.



Repeat ____ times.
Do ____ sessions per day.

UPPER LEG - 2 Quadriceps

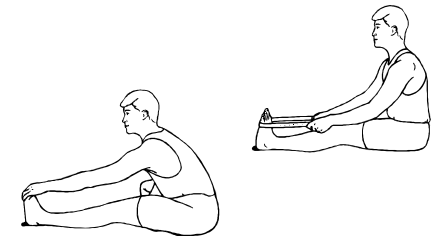
Pull heel toward buttocks until stretch is felt in front of thigh. Hold ____ seconds. Repeat with other heel.



Repeat ____ times.
Do ____ sessions per day.

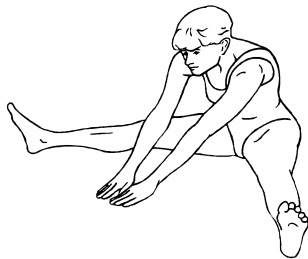
HAMSTRINGS - 2 Pull Back Toes, Single Leg

With towel or belt around foot, pull toes toward knee until stretch is felt. Hold ____ seconds. If you are more flexible, use hand to pull toes. Repeat with other leg. Repeat ____ times. Do ____ sessions per day.



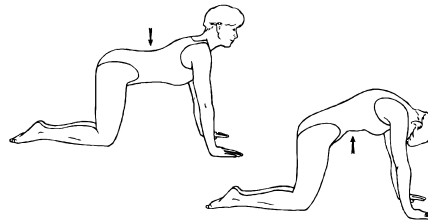
GROIN - 6 Thigh Adductors

With legs apart, slide hands forward until stretch is felt. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.



LOWER BACK - 6 Lumbar Extensors

From starting position, tuck chin and tighten stomach while arching back. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.



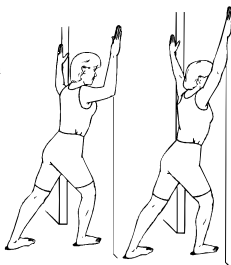
SHOULDERS - 1 Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold ____ seconds. Repeat with other side. Repeat ____ times. Do ____ sessions per day.



CHEST - 6 Pectorals

With arms forming a T, lean forward until stretch is felt. Hold ____ seconds. Slide arms up to form a V and repeat the stretch. Repeat ____ times. Do ____ sessions per day.



Repeat ____ times.
Do ____ sessions per day.

ARMS - 8 Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.



Repeat ____ times.
Do ____ sessions per day.

SHOULDERS - 3 Posterior Deltoids / Rhomboids

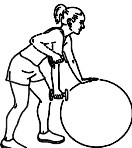
Pull arm across chest until stretch is felt. Turn head away from pull. Hold ____ seconds. Repeat with other arm. Repeat ____ times. Do ____ sessions per day.



Repeat ____ times.
Do ____ sessions per day.


Routine For:
 Created By: Food, Mood and Fitness Coaches

Oct 30, 2008
 Total Body

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	Weight																		
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